

Grow Happy Families

Suggested Month: November 2015

Nutrition Education Tip: How do I purchase whole grains?

Pick-WIC Paper Recipe Theme: Whole grain bread recipes

Suggested Nutrition Education Card(s): Eat More Whole Grains (ND-4)

Additional Resources:

[Whole Grains Council](#)

California WIC Association, [Cooking Whole Grains Is Easy](#) and [What Is A Whole Grain?](#)

[USDA MyPlate](#)

[Make Half Your Grains Whole](#), [Choosing Whole-Grain Foods](#)

[NDSU Extension Service, Food and Nutrition](#)

[Search for whole grain bread and you will find a variety of resources.](#)

[Oregon State University Extension Service, Food Hero Newsletter](#)

[Minnesota WIC Program, Information on WIC Foods](#)

[FNS Core Nutrition Messages on Whole Grains](#)

[USDA, SNAP-Ed Connection: nutrition education materials](#)

[Healthy, Thrifty Holiday Meals](#)

[What's Cooking? USDA Mixing Bowl](#)

[Nutrition Through the Seasons](#)

[Ellyn Satter Institute](#)

[Iowa State University Extension Service and Outreach: Spend Smart, Eat Smart](#)

[University of Nebraska-Lincoln, Food: Nutrition, Safety, Cooking](#)

[WIC Works Resource System: Topics A-Z](#)

[WIC Works Resource System: Monthly Events](#)

[WIC Works Resource System: Food and Fun for Families](#)

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

November 2015

Day-old Bread Tips Jammy French Toast Sandwiches Homemade Croutons Bread Pudding As-You-Like-It Breakfast Casserole

Day-Old Bread Tips

Using day-old bread (or stale bread) can help you stretch your food dollar. If you leave bread on your countertop for too long, it can become moldy or stale. If you store bread in your refrigerator, it does not mold as quickly but it can become stale. Moldy bread must be thrown away, but stale bread can be toasted or heated another way and used in recipes.

Here are some ways to use day-old bread:

- Make bread crumbs. – Cut the bread into cubes or tear into small pieces and bake at 350 degrees until it is dry and brittle. Use a rolling pin to crush the bread to the desired size. Add your favorite salt-free seasonings such as garlic powder. Use the bread crumbs to top various dishes such as macaroni and cheese, casseroles, fish or chicken.
- Use bread as a meat extender. – Some recipes call for soft bread crumbs and others call for toasted cubes. Add the bread crumbs to ground beef to make meat loaf or meatballs.
- Use in recipes such as French toast, stuffing/dressing, grilled cheese sandwiches, egg salad on toast and garlic toast.
- Freeze the bread. Label the package with the date you froze it. Usually, bread will remain at high quality for about three months in your freezer.

Reprinted from Pinchin' Pennie\$ in the Kitchen, 4 Ways to Use Day-old Bread, NDSU Extension Service, www.ag.ndsu.edu/food

Tips for Healthy Snacking

Prepare Homemade Goodies: For homemade sweets, add dried fruits like apricots or raisins and reduce the amount of sugar. Adjust recipes that include fats like butter or shortening by using unsweetened applesauce for half the amount of fat.

Jammy French Toast Sandwiches

3 eggs
1½ cups fat-free skim or 1% milk
8 slices whole-wheat bread
½ cup jam or jelly, any flavor



1. In a shallow bowl, beat eggs and milk together with a fork.
2. Spread four slices of bread with jam. Top with another slice of bread to make a sandwich. Press together slightly.
3. Dip sandwich into egg mixture, completely covering both sides.
4. Spray a skillet or griddle with nonstick cooking spray or lightly grease with margarine/butter.
5. Cook sandwiches about 2 minutes on each side or until golden brown.

Nutrition Note: This recipe makes 4 servings. Each serving has 340 calories, 6 grams of fat, 15 grams of protein, 56 grams of carbohydrates and 360 milligrams sodium.

Breastfeeding:

Why breastfeed?



"I was told it was good to breastfeed. My mom and sisters did it. I breastfed my older child, and he never got sick."

~ Brandi, Breastfeeding Mom from Spirit Lake WIC

For more information about breastfeeding, check out our breastfeeding website at www.ndhealth.gov/breastfeeding.

Homemade Croutons

6 slices day-old whole-wheat bread, cubed
¼ cup olive oil, canola oil, or melted butter
1½ teaspoons garlic powder
½ teaspoon salt
1 teaspoon dried parsley flakes



1. Preheat oven to 300 degrees.
2. Mix oil/melted butter, garlic powder, salt, and parsley flakes until garlic powder is dissolved and mixture is clump-free.
3. Toss butter mixture with cubed bread in a medium bowl until cubes are evenly coated.
4. Spread coated bread cubes on a cookie sheet in a single layer.
5. Bake for 30 to 40 minutes, stirring occasionally, until they are dry, crispy and golden brown.
6. Store in air-tight container or zip-lock bag.

Reprinted from Pinchin' Pennie\$ in the Kitchen, 4 Ways to Use Day-old Bread, NDSU Extension Service, www.ag.ndsu.edu/food

Nutrition Note: This recipe makes 24 servings. Each serving has 40 calories, 2.5 grams of fat, 1 gram of protein, 4 grams of carbohydrates and 45 milligrams of sodium.

Bread Pudding

3½ cups whole-wheat bread cubes or 7 slices whole-wheat bread, cubed
¼ cup raisins
2 cups fat-free skim or 1% milk
2 eggs, slightly beaten
⅓ cup white sugar
1 teaspoon cinnamon

1. Preheat oven to 350 degrees.
2. Place bread cubes in a 2-quart baking dish coated with nonstick cooking spray. Add raisins.
3. Heat milk in a microwave-safe bowl until hot, but not boiling.
4. In a small mixing bowl, combine milk, eggs, sugar and cinnamon. Pour this mixture over bread and raisins.
5. Place the baking dish in a pan of hot water (about 1 inch deep).
6. Bake for 40-45 minutes or until set.

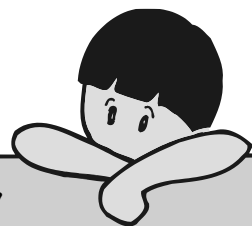
Note: Seven slices of raisin bread can be used in place of the bread cubes and raisins.

Nutrition Note: This recipe makes 8 servings. Each serving has 150 calories, 2 grams of fat, 7 grams of protein, 26 grams of carbohydrate and 160 milligrams of sodium.



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children.

North Dakota Department of Health
600 E. Boulevard Avenue., Dept. 301
Bismarck, N.D. 58505-0200
800.472.2286, option 1



Turn Off the TV

Jumping Obstacle Course: Line up pillows across the floor and try to jump from one to another without touching the floor.

Source: Head Start Body Start

As-You-Like-It Breakfast Casserole

8 eggs
2 cups shredded reduced fat cheddar cheese
2 cups fat-free skim or 1% milk
⅓ teaspoon salt
⅓ teaspoon black pepper
6 slices day-old whole-wheat bread, cut into cubes

Additions (choose two or three):

1 cup corn, cooked or frozen
½ cup chopped broccoli
¾ cups sliced mushrooms
¼ cup sliced green onions or chopped onion
1 cup cubed ham

1. Preheat oven to 350 degrees.
2. Beat the eggs in a large bowl. Mix in the milk, cheese, salt and pepper. Add the bread and carefully stir until all pieces of bread are moistened (don't overmix).
3. Add two or three of the additions listed above.
4. Bake in a casserole dish for 1-1½ hours, until the top is browned and the center springs back when touched, with no liquids present.
5. Let cool for 10 minutes before serving.

Reprinted from Pinchin' Pennie\$ in the Kitchen, 4 Ways to Use Day-old Bread, NDSU Extension Service, www.ag.ndsu.edu/food

Nutrition Note: This recipe makes 12 servings. Each serving (using broccoli, mushrooms and onions) has 130 calories, 5 grams of fat, 12 grams of protein, 9 grams of carbohydrates and 320 milligrams of sodium.

GROWING HAPPY FAMILIES



How do I purchase whole grains?

Whole grains contain the entire grain kernel. People who eat whole grains have a reduced risk of some chronic diseases. Look for the word “whole” at the beginning of the ingredient list. Foods that say “multi-grain”, “high fiber”, or are brown in color may not be a whole-grain product.